

FOR IMMEDIATE RELEASE

In The Shadow of My Son **New Play Sheds Light on the Isolation of Postpartum Depression**

(Thunder Bay, ON, April 12, 2007) The Thunder Bay Postpartum Depression Committee, (Thunder Bay District Health Unit, St. Joseph's Care Group, Lakehead University, and Children's Centre Thunder Bay) has teamed up with Rob MacLeod's Capitol Players to present *In the Shadow of My Son*, a dramatic presentation addressing the unexpected difficulties mothers sometimes face after childbirth. *In the Shadow of My Son* is a production written and adapted by Nadine Bernard and speaks to the sense of lost self, lost power and shame that women with Postpartum Depression experience – leavened with humor and messages of hope.

Dawnelee Wright is a mother in Thunder Bay who has struggled with PPD. She says, "The play, while entertaining, will also help families and sufferers of PPD know they are not alone and that support is available. It is not easily understood by the public, or even by those who suffer from this group of disorders." This performance is part of the Mother's Out of the Shadow Campaign - shining the light on postpartum depression - made possible by Out of the Shadow Productions. www.OutOfTheShadowProductions.com

The birth of a child is usually joyful and expectations are high. A different reality can be so crushing for women suffering from symptoms of a disorder commonly called Postpartum Depression (PPD) or anxiety. Most women suffer the distress of PPD in silence for fear of being judged as inadequate mothers. One in five mothers in Canada report experiencing some of those symptoms in the first year of their child's life. And the chances of experiencing PPD are up to 80 percent greater for second-time mothers who have previously suffered from the disorder.

Drawing on the experiences of mothers, *In the Shadow of my Son* weaves a rich tapestry of excerpts from interviews, personal essays and novels to tell a compelling, entertaining story. The goal of the Thunder Bay Postpartum Depression Committee is to educate audiences while reassuring those suffering from the disorder that they are not alone. Two public presentations will be held on Friday April 13th at 7 PM and Saturday April 14th at 3 PM in the Bora Laskin Building at Lakehead University.

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